

Services for Families

At some point in life, you may find yourself trying to juggle raising children and caring for aging parents. Some call this the “sandwich generation”. If you feel the squeeze, I’d love to help you put some structure and peace of mind in place for your elder care, so you can have time and ability to enjoy your family, all of them, because you have created a plan that also allows time for you.

Many of us face the changing and aging of our parents with a desire to help, to make sure mom or dad (or other beloved family member or friend), gets the best support possible in achieving a healthy and safe quality of life in their final years. Yet, trying to know, understand and navigate resources and services, ESPECIALLY if a significant change creates an urgent situation, OR if your parent is far away, is difficult for most. Add in other typical adult responsibilities of child rearing, job and career, and all together you may face what feels like unbearable stress.

Easing the stress of supporting elders or disabled family members is our mission in creating our Family Services. Family Services provides navigation and coaching support in learning about aging resources and helping to determine appropriate strategies for your parent, sibling or child, especially if the goal is to remain at home.

As your guide and coach, I have more than four decades as a Registered Nurse, as well as operating and managing home health, home care, private duty and hospice organizations for much of my career. I have gained a deep understanding of worries families face as parents age. My personalized process for you provides:

- A consultative, coaching style which builds trust and helps families clarify issues and concerns
- Extensive knowledge of aging resources and services
- Answers to questions most of us have about health and safety, financial resources, balancing duties managing children, career and other life responsibilities
- Address fears many parents have about abandonment, loneliness, fear of loss of independence
- Expert ability to facilitate difficult discussions, and bring clarity to complex issues
- The help you need to break down an overwhelming situation into realistic goals

Major life changes like aging and changing parents can touch on so many issues which are addressed with sensitivity and compassion. We strongly believe that, given the right supports, ALMOST everyone who wants to can age in place. Creative and modern suggestions are close at hand.

See Page 2 for Process and Pricing

Family Services

- Customized to YOUR situation, needs, wants
 - To begin, we'll have a talk by phone | video | in person to learn about your situation and needs. Queries about clinical, functional, financial and current status and supports will help reveal needs, and additional exploration of preferences will help determine what information will be most useful to you.
 - Through a short series of brief contacts—mostly email or telephone, we'll provide guidance and coaching on how to meet or refine goals, and resource guidance, and answer questions, including but not limited to:
 - Immediate information and navigation guidance on resource basics—Medicare, Medicaid, long term care insurance, finances
 - Service which can be provided at home, how to access services, how to evaluate services
 - Advice on specific barriers or needs with additional recommendations
 - Recommendation of specific adaptive aids to enhance home safety
 - Education on local providers
 - Problem solving and question answering as needed
 - Objective feedback on and warm support for your situation
- With HIPAA release, contacts to physicians and other health care providers/suppliers for information gathering and making referrals to establish contacts for service

We use a simple toolkit to communicate and support our work to families across the country. Secure video conferencing allows a personal touch even when close contact is not feasible. We respond to email and phone calls same day/next day, and work to put the best information in your hands quickly.

A **Family Service Basic Consult** includes one extensive telephone call or video conference call and several emails/brief phone calls with information, education and referrals to resources. We average about two hours of direct communication time with emails for written information and answers to questions.

Fees start at \$300 for a basic consult. Payment is due at the time of the consult. For more extensive services, or those which require more involved follow up, hourly charges of \$150 per hour will apply.

Payments are accepted by VENMO or ZELLE